

READING FOR WELL-BEING COMMUNITY BOOK CLUB KIT

The Joy of Solitude: How to Reconnect with Yourself in an Overconnected World
by Robert J. Coplan (2025, published by Simon & Schuster) - December 2025

DISCUSSION QUESTIONS

- 1) Why do you enjoy (or dislike) spending time alone?
- 2) When do you seek out time alone, as opposed to spending time with others?
- 3) How has spending time alone positively affected your relationships with others?
- 4) How has time alone allowed you to reach your goals?

READING TIP

Try switching between engaging in multiple micro (i.e., 3-5 minute blocks) and macro reading (one 45 minute block) sessions a day. See what works best for you and your needs!

WINTER RECIPE



Creamy Lentil Vegetable Soup

This Creamy Lentil and Vegetable Soup started out as a lentil mushroom soup, but then I decided to toss in the extra veggies I had in my fridge. The end result was a super cozy bowl full of colors, flavors, and textures that made all of my Autumn cottage-core dreams come true.

Learn how to make it here:

<https://www.budgetbytes.com/creamy-lentil-vegetable-soup/>

WELL-BEING TIP

Time alone can be beneficial as long as you know how to use it (Rodriguez et al., 2020)! Read up on the benefits of solitude and learn how you can apply them to your alone time.

ADDITIONAL RESOURCES

Hagan, E. (2022). *The mental health benefits of reading*. Psychology today.
<https://www.psychologytoday.com/ca/blog/the-art-effect/202203/the-mental-health-benefits-reading>

Rodriguez, M., Bellet, B. W., & McNally, R. J. (2020). Reframing time spent alone: Reappraisal buffers the emotional effects of isolation. *Cognitive therapy and research*, 44(6), 1052–1067. <https://doi.org/10.1007/s10608-020-10128-x>

Weziak-Bialowolska, D., Bialowolski, P., & Sacco, P. L. (2023). Mind-stimulating leisure activities: Prospective associations with health, wellbeing, and longevity. *Frontiers in Public Health*, 11.
<https://doi.org/10.3389/fpubh.2023.1117822>

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An engaging, practical guide through the promises and paradoxes of solitude, offering science-backed advice for getting the most out of your alone time and deepening your relationship with yourself and others.

Solitude is part of the human experience. But just like other relationships, your relationship with solitude can be satisfying, intimate, and enhance your well-being, or it can leave you wanting, stuck in a cycle of sadness, anxiety, or anger. Regardless of whether you're starved for "me time" or struggling with loneliness, most of us have never thought carefully about how to get the most out of the time we spend by ourselves. As a result, we're missing out on what could be a deeply enriching aspect of our lives. But how can we unlock the positive power of solitude?

The Joy of Solitude is a vital resource for those who wish to understand the complexities of solitude and its potential to enhance mental health, creativity, and self-discovery. Whether you seek affirmation for your love of solitude or strive to find balance within it, Coplan's insights are indispensable tools for enriching your relationship with yourself and others.



[Robert J. Coplan](#)

